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Swedish Council for Higher Education

The Swedish Council for Higher Education (UHR) is a public agency that facilitates skills attainment for Sweden's current and future needs.

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## Erasmus+

Erasmus+ is a European exchange programme that provides the opportunity to study or do a traineeship in countries taking part in the Erasmus+ programme.

Studying abroad or going on an overseas traineeship is an interesting and enjoyable challenge. It can provide new perspectives and broader knowledge, as well as provide opportunities to meet interesting people from Europe and other parts of the world. These experiences give you memories that will last a lifetime.

Erasmus+ is well-known and regarded as advantageous by employers in Sweden and abroad. Take the chance to explore another country with Erasmus+!

### What does it mean?

Erasmus+ students study at a higher education institution (university) in another country for 2-12 months, on the same terms as the students of the host country. If you aren't able to study abroad for a longer period of time, you can also participate in a blended mobility. A blended mobility means that you study abroad for a period of 5 – 30 days combined with a virtual component. You have to receive a minimum of 3 university credits (ECTS) for the activity.

You don't need to pay any tuition fees and also receive a grant from the European Commission. As a student, you should always talk to your university about student exchanges.

### Where can I study?

Erasmus+ allows you to study at universities in EU member states as well as Norway, Iceland, Liechtenstein, Turkey, Serbia and North Macedonia.

Some islands and areas outside Europe, but which belong to or have links to the EU, are approved for studies (for example Réunion, Martinique, the Azores, Greenland, French Polynesia and Aruba).

It's also possible to study in countries outside of the Erasmus+ programme countries. Contact your university to find out more about in which countries you can study.

One requirement is that there is an agreement between your home university and the relevant overseas university.

### Courses and credit transfers

Your studies are conducted on the same terms as those for the host country's students. If you pass the courses, you can transfer the credits to your Swedish programme. Teaching is often in the host country's language and not only offers you the chance to learn a new language, but also to get to know another culture. Universities in many countries also offer courses in English.

### You receive a grant

Erasmus+ students receive a grant from their university. The grant covers the extra costs associated with the overseas stay, but it doesn't cover everything. The size of the grant varies from 400 to 510 euro per month.

If you go on a blended mobility, you'll receive a grant of 70 euro per day between days 5 - 14. Between days 15 – 30, the size of the grant will be 50 euro per day. You'll also receive a travel grant based on the distance from your home university to your host destination.

Erasmus+ is primarily a physical study abroad programme which means that participants will most likely travel to their study destination. Because trips leave a carbon foot print, you may in some cases receive an additional grant if you decide on a more environmentally-friendly way of travelling. Additionally, you may also receive funding for those extra days it takes to travel to your destination.

If you travel to a country outside of the Erasmus+, you'll receive between 400-700 euro per month. To some countries you will also get a travel grant.

### Language tests

Before you travel, you'll have to complete a test in the language you'll be using during your studies or placement abroad. If, after the test, you feel that you may need to improve your language skills, it's possible to get help with this. Contact your university for more information.

## You can apply for several exchanges within Erasmus+

It's possible to apply for and be granted several Erasmus exchanges. However, you may only participate in a maximum of 12 months of exchanges (studies and/or placements) per education cycle, i.e. 12 months at Bachelor's level, 12 months at Master's level and 12 months at doctoral level.

## You can also apply for a traineeship

If you want work experience abroad, Erasmus+ provides the opportunity to do a traineeship at a company or organisation in one of the countries that are included in Erasmus+ (same countries as listed in the paragraph under "Where can I study?"). Just like for studying, the traineeship must be relevant to your education. In most cases, you need to find a traineeship that is approved by your university.

[Erasmus+ traineeships](#)

## Grants for students with fewer opportunities

Inclusion is one of the top priorities in Erasmus + and the goal is for more people with fewer opportunities or under-represented groups to participate in international exchanges. The term fewer opportunities refers to factors that may involve obstacles to participating in an Erasmus activity, for example:

- Accompanying children
- Disability and long-term impaired health
- Low qualifications
- Limitations in the education system
- Cultural and linguistic factors
- Social and economic factors
- Discrimination
- Geographical factors

As a student with fewer opportunities, you can apply for extra grants and other support and resources to enable your participation. You apply for the grant at your university with the help of the international office, your study counsellor or your university's coordinator for students with disabilities.

## Who administers Erasmus+?

The programme is financed by the European Commission. In Sweden, Erasmus+ is administered by the Swedish Council for Higher Education (UHR) and the universities and university colleges that participate in the programme.

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## Contact

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